

Exercise Safety Tips

Because exercise affects the way glucose (sugar) is used in your body, people with diabetes who take insulin need to take some precautions when they exercise. These safety measures will help to prevent low blood sugar reactions.

Guidelines to follow during exercise:

1. PE classes should ideally be scheduled after a meal (Breakfast or Lunch) to prevent low blood sugar.
2. **DO NOT** exercise when blood sugar levels are low, unless treated successfully.
3. **DO NOT** exercise if your blood sugar is >240 mg/dl and you have ketones. If you have a blood sugar >240 mg/dl but **DO NOT** have ketones, exercise with caution.
4. Watch for signs of low blood sugar during exercise. If you feel them, **STOP** the activity, **EAT** some fast-acting sugar, and **TELL** an adult.
5. To decrease the chances of having a low blood sugar, it is best to exercise $\frac{1}{2}$ to 1 hour after a meal or snack.
6. It is important to drink lots of fluids, especially water, during long periods of exercise.
7. Avoid giving insulin into muscles you will be using during exercise to prevent the insulin from working too fast. This will help reduce the chance of a low blood sugar reaction.
8. It is also important to eat enough carbohydrates during the hours after exercise to prevent low blood sugar reactions later on.
NOTE: The effect of exercise may last up to 24 hours after exercise and varies from person to person.
9. Carry some simple sugar with you in case of a low blood sugar.
10. Always wear diabetes identification in a visible location.

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| <ul style="list-style-type: none">11. It is best to exercise with at least one other person.12. Be sure to tell friends, coaches, teachers, and/or other people of the possibility of low blood sugar during exercise.13. Be sure to instruct others about recognizing and treating low blood sugar. | <ul style="list-style-type: none">14. Wear the right shoes and clothing for the weather and type of exercise you are doing.15. Take care of any injuries immediately, especially foot injuries. |
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Adapted from: “Diabetes Management in the School Setting”, 1998, Missouri Association of School Nurses.